

# VENTURE OUTDOORS AGAIN FREE PROGRAMS FOR PEOPLE OVER 50!

## Fall Calendar

### Fit with a Physician

Enjoy a leisurely walk with a local physician on any of these trips to learn about strength, health, wellness, and exercise as we age.

#### Fit with a Physician : Combat Arthritis and Inflammation

Mellon Park | Oct 2, 1-3 PM

#### Fit with a Physician: Boost your Bone Strength

Riverview Park | Oct 16, 1-3 pm

#### Fit with a Physician: Intro to Nordic Walking

South Park | Oct 26, 10-12 pm

#### Fit with a Physician: Combat Arthritis and Inflammation

Emerald View Park | Nov 6, 1-3 pm

#### Fit with a Physician: Heart Healthy for the Holidays

Schenley Park | Nov 20, 1-3 pm

#### Fit with a Physician: Indoor Walking and Exercise

South Hills Village | Dec 11, 10-12

The Jewish Healthcare Foundation and the Jefferson Regional Foundation generously support the Venture Outdoors Again Program.

**NEW**

### Fit with a Friend Lunchtime Walking

Keep your walking routine moving! Join us every Tuesday for this one hour, relaxed pace walk with friends. Locations vary. Walk time is 12:30-1:30 unless otherwise indicated \*.

**Point State Park | Oct 3, \*1-2pm**

**Schenley Park | Oct 8**

**Boyce Park | Oct 22**

**South Park | Oct 29**

**North Park | Nov 4**

**Emerald View Park | Nov 12**

**Highland Park | Nov 19**

**Riverview Park | Nov 26**

**Mellon Park | Dec 3**

**Hartwood Acres Park | Dec 10**

**Montour Trail Bethel Park | Dec 17**

**Allegheny Commons | Dec 31**

**More >>**



FREE FOR PEOPLE OVER 50!

# Fall Calendar

## **Forest Therapy Walk**

Frick Park | Oct 12, 10-12:30 pm  
Slow down and awaken your senses.

## **Settlers Cabin Yoga Hike**

Settlers Cabin | Oct 6, 10 am-12:30 pm  
Bring your yoga mat!

## **Virtual Senior Academy: Venture Outdoors Walks and You Can Too!**

Online | Oct 7 & 18, 10-11 am  
Talk through our NEW walking website created especially for older adults interested in finding safe walk destinations nearby!

## **Interconnecting with Qigong**

Frick Park | Oct 9 & 14, 9-11 pm  
Qigong is a meditative practice.  
Move slow. Breathe deep

## **Last Beginner Paddle of the Season!**

North Park | Oct 10 & 13, 10 am-12:00 pm  
Get familiar with kayaking and explore North Park Lake!

## **Beginner Friendly Bike Ride**

North Shore | Oct 21 5:30-7:30 PM  
Get familiar with biking then hit the trail.  
\*Bikes available to rent

## **Fit with a Legislator: North Park Fall Splendor Walk**

North Park | Oct 30, 1-3:00 pm  
Enjoy a fall walk around North Park Lake with a local legislator and physician. We'll bring hot cider, snacks and a raffle to end your walk.

## **Beginner Biking Confidence Class**

South Side | Nov 2, 10-12  
Build confidence in your biking, even if it has been a while since you've biked. Learn about basic bike safety and Pittsburgh Trails

## **Map and Compass Workshop**

Deer Lakes Park | Nov 3, 4-6 pm  
Improve your navigation skills! Learn how to use a compass, and how to plot a course from reading the map! No previous experience is required.

## **The Frick Museum Winter Stroll**

Frick Park & Museum | Dec 13, 4-6:30pm  
Take a relaxed evening stroll with us in Frick Park before touring The Frick Museum. Hot beverages will be provided during our stroll together. The Frick self guided tour will start at 6PM. You are permitted to enjoy the museum until 9PM.

## **TO REGISTER**

Visit [ventureoutdoors.org](http://ventureoutdoors.org) and use discount code SCF17 or email Joanna at [joanna@ventureoutdoors.org](mailto:joanna@ventureoutdoors.org) or call 412-255-0564 ext 229

